



CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, SEPTEMBER 25

GRILL	SWISS MUSHROOM BURGER WITH CHIPS @ \$2.75WITH FRIES	\$3.75
LOWFAT	CHEF SALAD	\$3.97
FEATURE	PORK CHOP WITH POTATOES, STUFFING, VEG. & ROLL	\$5.51
FEATURE	ENCHILADA CASSEROLE WITH VEG. & BREADSTICK	\$4.90

TUESDAY, SEPTEMBER 26

GRILL	CHICKEN TOTILLA SOUP WITH CHIPS	\$3.50
LOWFAT	½ ROAST BEEF SANDWICH WITH SALAD	\$2.95
FEATURE	LASAGNA WITH SALAD & BREADSTICK	\$5.51
FEATURE	TATER TOT HOTDISH WITH VEG. AND ROLL	\$4.90
FEATURE	BAKED POTATO WITH BUTTERBLEND & SOUR CREAM (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$1.75

WEDNESDAY, SEPTEMBER 27

GRILL	TACO SALAD BAR	\$5.51
LOWFAT	CHICKEN SALAD WRAP	\$2.95
FEATURE	SWEET N SOUR PORK ON RICE , & BREADSTICK	\$5.51

THURSDAY, SEPTEMBER 28

GRILL	BREADED, FRIED CHICKEN SANDWICH WITH CHIPS \$3.10 WITH FRIES	\$4.10
LOWFAT	TUNA SALAD SUB	\$2.95
FEATURE	STUFFED GREEN PEPPER WITH VEG. & ROLL	\$4.90
FEATURE	SCALLOPED POTATOES WITH VEG. & ROLL	\$4.90
FEATURE	BAKED POTATO WITH CHILI FIXINS (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

FRIDAY, SEPTEMBER 29

GRILL	DAKOTA CLUB WITH CHIPS \$3.10 WITH POTATO SALAD	\$3.75
LOWFAT	CRAB SALAD ON 7 GRAIN HEALTHY CHOICE BREAD	\$2.95
FEATURE	HAMBURGER CHOW MEIN HOTDISH WITH VEG. AND ROLL	\$4.90

DAILY SPECIALS

FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***		\$2.95
HOT BEEF SANDWICH		\$4.90
ROAST BEEF DINNER		\$5.14
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.50
SOUP	CUP \$1.45 BOWL	\$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.
BREAKFAST: 7:00 - 10:30 LUNCH: 10:30 - 1:30

